DOCUMENT RESUME

ED 445 777 PS 028 785

TITLE	I Am Your Child: Health & Nutrition [and] Literacy [and] Safety. [Videotapes].
INSTITUTION	I Am Your Child Foundation, Beverly Hills, CA.
SPONS AGENCY	Reiner Foundation, Washington, DC.
PUB DATE	2000-07-25
NOTE	0p.
AVAILABLE FROM	I Am Your Child, 335 North Maple Drive, Suite 135 Beverly Hills, CA 90210; Tel: 310-285-2385; Fax: 310-205- 2760; Web site: http://www.iamyourchild.org (3 VHS videos, $5 each for orders of 1-99 videos; $2.50 each for orders over 100).
PUB TYPE	Non-Print Media (100)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Child Health; Child Rearing; *Child Safety; *Children; *Emergent Literacy; Emotional Experience; Infants; Injuries; *Nutrition; Parent Education; Reading; Risk Management; Videotape Recordings
IDENTIFIERS	Day Care Quality

ABSTRACT

Noting the importance of early experiences for the healthy growth and development of children, these three videotapes for parents explore children's health and nutrition, literacy, and safety. Each videotape is 20-25 minutes long. The first video, "Your Healthy Baby," presents information parents need on children's health and nutrition. Hosted by Phylicia Rashad, this video includes information on how to maintain good health during pregnancy, and discussion of: bottle- versus breast-feeding; appropriate times for parent and child to visit the doctor; what food to feed the child and when; the importance of exercise; and how to have fun being healthy. The second video, "Safe from the Start," suggests many ways parents and caregivers can prevent serious childhood injuries. Hosted by Gloria Estefan, this video presents information on: car seats and car safety; feeding and food safety; sleep/bedtime; bath time/bathroom hazards; babyproofing at home; toy safety; kitchen safety; safety outside the home; and children and gun safety. The third video, "Ready to Learn," focuses on the early emotional and language experiences that help prepare children for literacy experiences in school. Hosted by Jamie Lee Curtis and LeVar Burton, this video provides information on: the importance of communicating with the newborn; establishing reading routines; materials that prepare the child for reading and writing; activities to spark the child's interest in learning; the importance of quality childcare; and ways to incorporate literacy into everyday activities. (KB)

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